

June 1 - June 14 2018
Issue 8

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Important Dates

5 June	National Gallery Purple & Red group
6 June	School Photo Day
7 June	Year 5 Combined Band Practice
14 June	National Gallery Blue Group

Notes Home

National Gallery - Preschool
Year 5 Combined Band
Voluntary Contributions

Download the [Skoolbag app](#) on your smartphone to stay up to date with school events, notices, and important info. Search for 'Kaleen Primary' on the App Store or Google Play.

P&C Vice President

Ben Peters Jones - 0466 386 377

Board Representatives

Heather Rea - 0403 771 921

Emma Snowden - 0430 357 093

Bruce Whitby - 0400 394 253

Mission

To engage, equip and empower all children and young people to learn for life.

Vision

At Kaleen Primary School we are committed to working with parents as partners in learning to ensure that all students succeed. We are committed to the holistic development of every child - socially, emotionally, academically, culturally and physically. We build our student's knowledge in cross-disciplinary, critical and creative thinking, and problem solving skills with the aim of developing our students as future focused 21st Century learners. As a professional learning community, we work collaboratively to ensure all students achieve their learning potential and enjoy coming to school to learn, share, celebrate and have fun.

Dear Kaleen Community,

Term Two is well and truly underway and it has been great to see our students out and about enjoying the last of the autumn weather. Teachers are beginning to write reports and students are enjoying the challenge of their final assessments. Please remember to inform the school in writing if you do not wish to receive an A-E assessment with your child's report. Week 5 is National Reconciliation Week and classes across the school are learning about and discussing Aboriginal and Torres Strait Islander cultures and histories. This year's theme is 'Don't make history a mystery', as learning about the past will help us grow and move forward as a nation. Please read on to see all the amazing happenings around Kaleen Primary (if you are not already on the Kaleen Skoolbag app please consider joining us to keep informed and connected).

PE@K (Passion and Enrichment At Kaleen) Clubs

Last week, we formally launched our PE@K Clubs program and it was very well received by our students. Over one hundred students were involved across the week and several students attended more than one club. The PE@K clubs currently on offer include Coding (Mondays), Engineering (Tuesdays), Writing (Wednesdays), Tinker (Thursdays), and Arts Club (Fridays). These are teacher led, structured activities that operate in the library during lunchtime. All students are welcome, and are asked to meet in the hall after lunch eating time if they would like to attend. Once again, we would like to thank our highly skilled teachers who make these enrichment opportunities possible.

Positive Behaviours for Learning

Last week, an external Positive Behaviours for Learning (PBL) professional came out to the school to conduct a PBL assessment. The assessor interviewed a number of students and staff about our PBL program and questioned them about several aspects of our PBL initiatives. She also analysed and evaluated our school systems and structures against a set of PBL criteria. The assessor was absolutely blown away by our positive school culture and the understandings of both staff and students. Kaleen Primary School received a score of 95% on our rating on the overall assessment, which enables us to move to the next phase of the program. This is a goal we were not scheduled to achieve until 2019, and demonstrates the amazing progress we have made as a school to date. Congratulations to the Kaleen Primary PBL Team and to all members of the school community on this wonderful achievement.

Seesaw Feedback

This year, we have begun trialing the Seesaw app across the school to share each child's learning with their own family, and provide parents with a digital portfolio of work. Thank you to all the members of the school community who provided us with feedback through our school survey. In the next few weeks, staff will work with the School Board to review the feedback in order to support the next steps of our implementation.

Belconnen Cross Country

Yesterday, I had the opportunity to accompany our **school** cross country runners to the Belconnen District carnival at Mount Stromlo park. I was so proud of the way students supported each other and pushed themselves with their running even when things got tough. I see this 'never give up' attitude in our classrooms on a daily basis and I was thrilled to see students transfer this to the sporting arena. Thank you to Craig White and Nikki Van Huizen for organising the school team and supporting our students on the day.

Tips on Managing Stress and Staying Healthy

Simplify and Prioritise - Cut your to-do list in half. How? Ask yourself what's most important and neglect the things that matter least.

Exercise - relieves stress in several ways. First, cardiovascular workouts stimulate brain chemicals that foster growth of nerve cells. Second, exercise increases the activity of serotonin and/or nor-epinephrine. Third, a raised heart rate releases endorphins and a hormone known as ANP, which reduces pain, induces euphoria, and helps control the brain's response to stress and anxiety

Laugh - Just as chronic and severe stress can damage organic systems in our body, humour can heal.

Sleep - Everything breaks down when you don't sleep well. Any sleep disturbance will diminish mental performance.

Learn how to recharge - Know your rechargers and do them routinely.

Stranger Awareness

You may have seen the Canberra Times coverage on the weekend about several incidents that occurred last week involving strangers approaching students in the vicinity of schools. These unfortunate incidents are a good reminder to us all to help our children understand the importance of stranger safety and the need to report any unusual incidents or approaches to staff immediately. ACT Policing urge anyone who may have witnessed any incidents or have any information that could assist Police to contact Crime Stoppers on 1800 333 000, or via www.act.crimestoppers.com.au. Information can be provided anonymously.

Please support us to keep our children safe by having conversations about moving safely around the community and what to do if they ever feel unsafe. You may wish to visit the [ParentLink website](#) for tips. Our teachers will also discuss protective behaviours this week.

The School and the Education Support Office will continue to work with ACT Policing on this issue. Please do not hesitate to contact me should you have any questions.

Bye for now
Chris Shaddock

REMINDER

SCHOOL PHOTO DAY

WEDNESDAY 6 JUNE

All students need to be in full school uniform, including summer polo shirts.

All envelopes need to be returned on or before Photo Day. All sibling photos need to be ordered separately via the forms at the front office.

Belconnen Region Cross Country

Congratulations to each and every one of the 33 students that represented Kaleen Primary School at the Belconnen region cross country championships at Mt Stromlo on Thursday 31st May. In perfect conditions our students put in outstanding efforts on the day and were outstanding ambassadors for Kaleen Primary. They were cooperative and respectful when working with officials that ran the event, supportive and encouraging of fellow team members and they demonstrated a wonderful sporting attitude. Each athlete completed their challenging courses, performing to the best of their ability on the day. At the end of the day when asked who enjoyed the experience of competing at a zone carnival, all responded with enthusiasm. Great effort everyone!

A huge congratulations to Mark B for placing 9th in his event. Mark will continue on to the ACT championships in a fortnight's time. Good luck Mark!

Special commendation to Bas P who was the only Year 6 member of our team.

A big thank you to the parents, friends and Mr. Shaddock for coming out to support and encourage our team. Your support was appreciated! Thank you to intern Mr. Isaak Stewart for assisting as an official timekeeper and helping out with the team on the day. Well done everyone!

Nikki Van Huizen & Craig White (Team Managers)

Rostrum Finals

Kaleen's senior school was treated to the verbal delights of class finalists from Years 4-6 who presented their Rostrum speeches in the Hall on Wednesday, May 30. Every single student put on a dazzling display of linguistic lexicography, talking about crazy dreams, wild rides, working dogs, and why we should sometimes let ourselves 'go dormant' – a heady theme for thoughtful times. The ability for students to project their voices, enunciate tricky words, and modulate their tone according to the information and theme of their speeches was taken into account, as was their ability to maintain eye contact with the crowd, use their body as a supportive measure, and show they were prepared for the day.

There were many amazing speeches and one was selected to represent our school at the Quarter Finals to be held at Giralang PS Tuesday, June 12 at 7pm, and so huge congratulations shall be laid at the feet of Sol M, 6JS, for his grand discussion on jetpacks and our future, and we would also like to acknowledge Will T, 6KT, who truly broke the ice with his elaboration of why he wishes to avoid social blatherings that get in the way of the good things in life.

We wish Sol the best of luck in the next round, we know he will do himself and the school proud, and we also wish to thank Mrs Kelly Turner and Mrs Bec Hadfield for adjudicating and timing duties on the day.

Ryan Lindsay, Nikki Van Huizen, & Rachel Pummeroy
Rostrum Coordinators



Creative Challenge

This morning Mr Shaddock set us the creative challenge of collaboratively retelling the famous nursery rhyme 'Humpty Dumpty' in exactly 100 words with a modern day twist. Here is what we came up with...

One gloomy day at Kaleen Primary, Principal Shaddock was sitting on his office chair. Suddenly he tumbled off his chair, out the door, into the car park and plunged onto a parked car. He tried to get up, but realised he was shattered into a million pieces! The front office ladies dashed into the car park to try put him back together, but they didn't succeed. Three girls heroically forced past the crowd of onlookers, shot out their hot glue guns and cemented him back together again. From that day forth they were forever known as the hot glue girls.

By Natalia N, Sienna N and
Hannah G 6LL



日本語ニュース (Japanese News!)

Japanese Autumn Festival

(“あきまつり(Akimatsuri)”) ♥

On 20 May there was a Japanese Autumn Festival organized by Canberra Japan Club (CJC) at Cook Community Hall. The KPS Japanese Choir was invited to perform and the Choir totally mesmerized the audience. A lot of Japanese people in the audience approached me afterwards to complement both their linguistic and their musical prowess. Well done KPS Japanese Choir!

The Choir sung four songs; The opening song was the theme song of one of the most famous Japanese animation films, Totoro, followed by “Zui Zui Zukkorobashi”, which is a Japanese equivalent of Eeny Meeny Miny Moe. Then the Choir sung beautifully the two verses of Beethoven's Ode to Joy in Japanese. The last one was “Supercalifragilisticexpialidocious” in Japanese.!

I am very grateful for parents and carers who kindly brought their children to the performance. Without your support, the Choir cannot stage a performance outside the school. Thank you so much for your help!

The Choir will show off their abilities in the next two assemblies, ie. Week 5 Junior Assembly and Week 6 Senior Assembly, so please look forward to their performance.

If you are interested in joining the Japanese Choir, please come and see me for a short, friendly audition anytime!



Ode to Joy in Japanese



https://www.youtube.com/watch?v=jDg-QSGE_UY

Ha-re-ta-ru A-o-zo-ra Sunny blue sky	はれたる あおぞら
Ta-da-yo-u Ku-mo-yo Floating clouds	ただよう くもよ
Ko-to-ri-wa U-ta-e-ri Birds are chirping	ことりは うたえり
Ha-ya-shi-ni Mo-ri-ni In woods in forests	はやしに もりに
Ko-ko-ro-wa Ho-ga-ra-ka My heart is cheerful	こころは ほがらか
Yo-ro-ko-bi Mi-chi-te Joy filled with	よろこび みちて
Mi-ka-wa-su Wa-re-ra-no Exchanging glances our	みかわす われらの
A-ka-ru-i E-ga-o Bright smiling faces	あかるい えがお

Narumi Sensei has arrived!

A lovely teaching assistant, Miss Narumi Imahori, has arrived and started to help me with the Japanese classes and the Choir (she is standing in the middle of the back row in the Autumn Festival photo). She is 21 years old and comes from the Faculty of Education of Kagoshima University. She would like to be an English teacher at primary school or high school when she graduates from the Uni. Narumi loves calligraphy, origami and music. She plays the piano and sings beautifully. Please welcome Narumi to KPS!

Mari Kitasaka

Teacher of Japanese

PE@K CLUBS

PE@K (Passionate and Enrichment at Kaleen) Clubs started last week and there was certainly a buzz coming out of the library during lunchtime. It was fabulous to observe everyone displaying the school expectations of being a safe, respectful and responsible learner as they engaged in Coding, Engineering, Writing, Tinkering and Creative Arts.



One of the highlights was Tinker Club...there was so much excitement as the kids dissected the old appliances. If you have any appliances that can be pulled apart with a screwdriver, we would love to have them for our Tinker Club.





Friendly Parenting Tips

Tip #3

Support your child to solve their own problems.

Why is this good for your child?

It increases their resilience, strengthens their self-confidence and builds their self worth. Being given independence, choice and responsibility can be empowering and exciting at a young age.

Try this...

When your child comes to you with a simple problem, invite them to come up with the solution and to act on it. Acknowledge them for their effort.



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Contact
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 0448 730 305
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 www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.saverplus.org.au for more information.

Heroes' Corner



Hunter S in 2LO was recently awarded the ACT Junior Chess League 2018 Autumn Junior Weekender - Rating Group A Winner. Hunter was very proud of his achievement.

Well done Hunter!

Recently, we asked for some feedback on our newsletter. Thank you to all those who contributed. Heroes' Corner is a new regular addition as suggested by one of our community members. If you would like to have your child's achievements acknowledged here, please email a short blurb to mary-caitlin.cox@ed.act.edu.au.

Mental Health Issues and Young People: FREE Parenting Forum

Carers ACT is hosting a unique opportunity for parents, carers and friends to learn how to recognise the warning signs and better understand depression, suicide, eating disorders, deliberate self-harm and other mental health problems in young people. Mental illness in our youth – often known as the 'invisible disease' - is growing at an alarming rate with many parents at a loss on how to deal with it. The speaker will be Dr Michael Carr-Gregg, one of Australia's leading experts in parenting and child and adolescent mental health and founder of CanTeen for teenagers with cancer. *Bookings essential.*

When: Tues 19 June 2018, 7-9pm, Hellenic Club, Woden

More info: Ph 6296 9900 or email mhcarers@carersact.org.au

Register : through Eventbrite <http://bit.ly/2HlqSiy>

Cost: free



Australian Girls Choir – June Open Day

The Australian Girls Choir is excited to be opening in Canberra in 2018! At the AGC we encourage, challenge and inspire girls as they learn to sing, dance and perform. Primary school aged girls are invited to come along to our Open Day on Sunday 24 June to try our fun and inclusive classes and learn more about being part of the AGC. Contact us if you would like to attend! Ph 1800 338 142 or email headoffice@asagroup.com.au

The Canberra Chinese School invites you to celebrate the Dragon Boat Festival

Time: 12pm-3:30pm, Sunday 3 June

Venue: TB Millar Hall in Radford College, 1 College Street, Bruce

Activities: 12pm-1.30pm: Food stalls and kids' fun activities: face painting, brush painting, calligraphy, paper cutting/crafting and lion dance

1.30pm-3pm: Stage performance: Chinese dance, singing and martial arts

This is a FREE event and all are welcome.

For a poster of the event see the school website at www.canberrachineseschool.net

Too sick for school?



Think Pharmacy First.
Ask Your Pharmacist.

While this information has been checked by a pharmacist, it is a guide only.

Ask yourself:

- Is my child well enough to comfortably take part in the day's activities?
- Will my child pass on their illness to other children or staff?
- Will my child's teacher be able to care for my child without it impacting on their ability to care for other children?
- If I felt like this, would I go to work?

If you are unsure, speak to your pharmacist or doctor for advice.



Go to school



Could be catchy. Some restrictions for school



Don't go to school

Symptom	What to consider	Go to school?	Treatment
Fever	Children and older infants with a temperature of 38.5° or more		Give plenty of fluids and stay home until temperature is normal. Your pharmacist can provide advice on the most appropriate analgesic and formulation for your child. If your child seems worse or there's no improvement in 48 hours, see a doctor or visit the hospital.
Diarrhoea	If your child has 2 or more consecutive bowel motions that are loose or watery. They may also have stomach cramps.	For at least 24 hours after diarrhoea has stopped 	Diarrhoea is a fairly common problem that usually lasts only a day or two. Diarrhoea must be monitored as it can cause dehydration which is potentially very dangerous in children. Your pharmacist can provide advice on the most appropriate treatment for an upset tummy, including advising on oral rehydration salt formulations. They can refer you to a doctor if more treatment is needed or the hospital for severe diarrhoea.
Vomiting	If your child has vomited more than twice in 24 hours.	For at least 24 hours after vomiting has stopped 	Watch for signs of dehydration and encourage small amounts of fluid frequently. Your pharmacist can provide advice on oral rehydration salt formulations and can refer you to a doctor if more treatment is needed or the hospital for severe vomiting.
Cough	This will depend on the severity of the cough. Trouble breathing, wheezing or a harsh cough can be the sign of something more serious such as bronchitis, pneumonia or whooping cough.		If your child has a severe cough, take them to see a doctor. If the cough is not severe your pharmacist can help you to identify whether your child has a 'productive' or 'dry' cough and a suitable treatment for them.
Rash	A skin rash could indicate a contagious infection such as chicken pox or impetigo.		A doctor should evaluate your child before sending them to school.

Visit www.findapharmacy.com.au to find your nearest community pharmacy

 **Go to school**

 **Could be catchy.** Some restrictions for school

 **Don't go to school**

Red eyes	Is the eye red and watery? The eyelids may also stick together on waking. This could be conjunctivitis which is highly contagious.		Unless your doctor has diagnosed a non-infectious cause, keep your child home from school while there is discharge from the eye and speak to your pharmacist about a suitable product.
Stomach ache	This can often be hard for you to judge as it could be caused by a number of things including constipation and even anxiety. If there are no other symptoms such as vomiting or diarrhoea, you might consider sending the child to school.		You might ask your child if there is anything making him or her sad or worried.
Sore throat	A sore throat and runny nose, but no other symptoms.		You can also speak to your pharmacist about products suited to your child's age to help relieve a stuffy nose and soothe their sore throat.
Earache	Evaluate along with other symptoms, such as a fever. Common conditions of the ear include infection, inflammation and wax build up and some of these can be quite painful and uncomfortable.		Your pharmacist can provide advice on treatment options and refer you to a doctor where necessary.
Runny nose	A runny nose, but otherwise fine.		Speak to your community pharmacist about whether there is a suitable product, such as a chestrub and nasal relief product to help ease your child's stuffy nose.
Itchy scalp	Head lice can cause intense itching. They live and breed on the scalp and are easily passed from student to student.		Your local pharmacy will stock special combs as well as shampoos, cream and other products which contain a special insecticide.
Hay Fever	Some of the symptoms can include sneezing; a runny or stuffy nose; itchy ears, nose and throat; red, itchy or watery eyes and headaches.		Your pharmacist can help you choose the best medicine for your child's symptoms. This may be a nasal spray, eye drop or oral antihistamines. Some of these medications should not be taken with other medications.

Medical Action Plans

Asthma	Your child has been diagnosed with asthma.		Provide the school with your child's Asthma Action Plan and follow the school's policies with regards to medicine storage. Your pharmacist can also help ensure your child's asthma inhaler technique is correct.
Anaphylaxis	Your child has been diagnosed with anaphylaxis.		Provide the school with your child's Anaphylaxis Action Plan and follow the school's policies with regards to medicine storage.
Diabetes	Your child has been diagnosed with diabetes.		Most students with diabetes can participate fully in school activities. Make sure the school has your child's updated management plan. Speak to your pharmacist to make sure you (and your child if they are old enough) understand how to test their blood sugar; how to manage insulin levels and how to treat high and low blood sugar levels.

Visit www.findapharmacy.com.au to find your nearest community pharmacy